2026 MORAN CONSTITUTIONAL RELAY EVENT INFO

Welcome to the Moran Constitutional Relay! The information in this packet should provide you with all of the information that you need, but please let us know if you have questions that aren't covered. Please read this information carefully to help ensure that you and your teammates have a fun and successful event.

SCHEDULE:

Friday, September 18

3:00–10:30 PM – Check-in **(all team members and volunteers)**
8:30-9:15 PM – Pre-event briefing and Q & A (optional but recommended)
6:00-9:00 PM – Light dinner (included with entry)

Saturday, September 19

6:00–8:00 AM – Breakfast (included with entry)
6:45–7:15 AM – First leg check-in
7:06 AM – Sunrise
7:30 AM – Start
2:00 PM – First finishers expected
5:30–7:30 PM – Post-race meal, in ELC (included with entry)
6:00 PM – Raffle, in ELC (must be present to win, unless on course)
6:58 PM – *Sunset*
7:00 PM – Last finishers expected

Sunday, September 20

6:00–8:00 AM – Breakfast (included with entry)
7:00–7:20 AM – 9th leg check-in
7:07 AM - Sunrise
7:30 – Start
12:00 PM – First finishers expected
12:00–4:00 PM – Post-race meal (included with entry)
4:00 PM – Last finishers expected by this time

IMPORTANT EVENT SCHEDULE INFO:

We have posted the event schedule on the website, but we want to reiterate that all teams start on leg #1 at 7:30am on Saturday at the ELC. For teams that are going much faster or slower than teams have run this course in the past, we may assign a special start time up to an hour earlier or later on Sunday.

COURSE MARKING SYSTEM INFO:

The course uses most of the trails in Moran State Park and many of the relay legs overlap. Because of this, we created unique directional arrow signs for each leg so you can easily follow the correct route. Each leg has one of six different colors, a unique number (1-12), and a unique animal silhouette. We will post examples so that you know what the signs look like.

At junctions with multiple signs, be sure to take the time to look for the sign for your route and make sure you follow its direction arrow. At some junctions, where all legs passing the junction go the same way, we have used our usual yellow-orange signs with black arrows. If you see these yellow signs, then follow them. If you don't, but you see signs for your leg, then follow those.

In addition to signs at most junctions, we will mark the route with orange and white confidence streamers and with pin flags (30-inch-long steel wires with 5-inch by 8-inch plastic flags). Both of these types of markings will be used more intensively around junctions, but they will also appear at least every quarter mile throughout the course to let you know you are on the right track. ***Note: This is a different way of using pin flags than at most of our other runs (where they act as a turn signal), so please note that they are NOT used only as a turn signal at this event.***

If you get to a junction and don't see any indication of which way to turn, then it means either that you are off course or that the markings were vandalized. While this is unlikely, there is always a small chance that some course markings could be disrupted by people, animals, or the wind. Consequently, we highly encourage each runner to look carefully at the legs they are running. You can click a link to view the map for each leg of the course on the website in the "Course Description" section.

PARKING & EXCHANGE AREAS:

We are providing your team a map showing the parking and exchange areas, as well as the opening and cutoff times at each exchange area. Regarding the cutoff times: If a team's incoming runner is early, the outgoing runner for that team will be held; if a team's incoming runner is late, the outgoing runner for that team will be started early (before the incoming runner arrives). Final total times in the results will be adjusted for any waiting time or early starts.

There is also a sheet of driving and parking directions for the exchange areas, as well as a few signs on the roads to help guide you. The signs could get run over, rotated by the wind, or taken, so please be prepared to navigate your vehicle to the exchange points.

When you arrive at each exchange point, please park as directed by the staff there. You must also display your race parking placard and your Discover Pass.

Both Little Summit Exchange and the Mount Constitution Exchange have very limited parking, so be prepared to drop off your next runner, and if you are able to park, please keep your time at Little Summit to a minimum.

MEASURES TO PREVENT THE SPREAD OF COVID-19, COLDS, AND FLUS:

Thanks to vaccination, exposure, and time, there is a significant degree of resistance to severe COVID-19, and some people have already gotten their seasonal flu and COVID-19 shots. Outdoors settings are generally quite safe, however the indoors portions of the event (gatherings in the ELC hall and shared sleeping accommodations) carry higher risks of transmitting respiratory illnesses. We're not requiring any specific precautions, but we endorse these common-sense precautions:

- Stay home if you're sick or believe you have a contagious illness
- Wear a mask indoors and try to keep your distance to protect others if you start to feel like you might be coming down with something after you're already at the event
- Wear a mask indoors if you wish to reduce your own risk of catching a cold, COVID-19, or a flu
- Practice good hygiene, including washing your hands before meals.

PROCEDURES FOR START, EXCHANGE, & FINISH:

Electronic chip timing system: We will be using SportIdent electronic timing to capture lap times for each team. At check-in, your team will be issued a small timing chip that is worn on a finger. Please do not lose this chip, as it will be used to record your team's leg times. It costs us to replace lost chips, and we will charge teams $70 to cover our costs.

This chip will serve as your team's baton, passing from runner to runner as you go around the course. At each exchange point, the runner that is finishing the leg will first put the chip into a hole in a timing unit at the signed exchange point location, holding the chip in the hole until a beep or flashing light confirms that the punch-in was registered. At this point, the incoming runner hands the chip over to the outgoing runner, who puts it onto her finger and embarks on her leg. If the same runner is running consecutive legs, that runner should still punch in at each exchange point before continuing onto the next leg.

Once a team crosses the finish line each day, the finishing runner on the team stops the team's running time by punching in at the finish timing unit, located just after the finish line. Then the timing chip should be taken to be downloaded inside the lodge, where the team will be given a printout showing the running time for each leg.

Running order and checking in: We ask each team to fill out a form (referred to as an "Intention Sheet") at check-in that indicates which team member will run each leg. This record of your team's intention is intended to make managing the exchanges easier for our staff, and you are free to change the order during the race if your team wants. In order to allow for this flexibility, it is essential that runners check in with the start line or exchange area staff before starting their leg. At the exchange areas, please allow enough time to do this before your incoming runner tags off to you.

Outgoing runners should also allow enough time to note which way they are leaving the exchange area at the start of their leg.

At check-in on Friday, each runner will be given a bib number (bibs will include each runner's name on them). If a runner does not check in at the start or at an exchange point before starting a leg, their team may be penalized or disqualified, at the organizers' discretion. Please wear your bib number so that it is visible as you approach exchange points and the finish.

TRAIL HAZARDS:

The course has miles of beautiful trails, and it also has several sections that require runners' attention. Here are a few key things to pay attention to:

- There are several bridge crossings that could be slick if it rains
- There could be downed trees depending on recent weather and trail clearing activity
- There could be loose branches hanging over the trail that could fall
- There are steep and sometimes rocky terrain sections that could be muddy and slick
- There are a few areas where there are drop-offs near the trails.
- There could also be other park users out there, including hikers, bikers, and horseback riders.
- Horses have the right-of-way, so please step off the trail and let the horse pass if you encounter one. It also helps to talk with the rider. Not only does this help put the horse at ease, but the rider may tell you that their horse is very calm and that it is okay to walk or run past.
- We highly encourage running sans music, with music at a low volume, or with just one ear bud in, so that you can hear what is going on around you.

PARK RULES:

Please observe park rules, which include displaying a Discover Pass in your parked vehicle, displaying your team vehicle sign on your dashboard while in the park, and refraining from drone flying (which carries a fine in the thousands of dollars.)

RACE RULES:

Please review the race rules (also listed on the website).

1. Each team will be allowed two vehicles to transport team members to exchange zones on course. A vehicle placard that you will receive at check-in must be displayed in the windshield of each team vehicle while it is in the park.
2. Follow the instructions of race staff. They are there to help everyone have a safe and fun event.
3. Each runner on a team must complete at least two legs for the team to have an official finish. In the case of injury, the injured runner may be withdrawn and another runner from the team may continue the leg abandoned by the injured runner where she or he left off. A withdrawn runner may not run again during the event. For teams with runners who

do not complete two legs, you will still be given an official time, but will not be ranked among the teams.

4. It is up to the team which runner runs each leg, however all runners must check in with start or exchange zone race staff before they are tagged off by their runner and start on the next leg.
5. Teams that are at risk of being overtime may be asked by race staff to start later legs of the course before the preceding runner reaches the exchange zone. If this is done, the team's rank will nonetheless be based on the sum of the running times of the team members.
6. Teams that are progressing around the course faster than anticipated may be asked by race staff to delay starting a subsequent leg in order to wait until an exchange zone opens. If this is done, the team will receive time credit for any time waiting to start at an exchange zone.
7. All members of each team must check in at the race on Friday, September 26.
8. Any additions to a team roster must be made at the latest by the time check-in closes on Friday.
9. Course routes for each leg will be well marked, and it is the responsibility of each runner to be familiar with their route and the course markings and to stay on course.
10. Sunday start waves* will be determined according to elapsed time on Saturday, with the fastest teams possibly starting in the 8:30am wave (if needed), most or all teams starting in the 7:30am wave, and slower teams possibly starting in the 6:30am wave (if needed). Wave divisions will be determined by race staff, and teams will be notified of their start wave at the finish on Saturday. **Please note that no teams have ever been fast enough or slow enough to require a different start wave on Sunday, so we expect that all teams will start at 7:30am*.
11. Runners on the course during hours of darkness must carry and use a headlamp or flashlight.
12. Safety is our first concern, so if you see an injured runner, please stop and help them. Race staff may award bonus time to compensate for such circumstances. Check in when you finish running each leg, even if you are injured and don't complete it.
13. At the exchange areas, always park as directed and so as not to block any road or trail.

SERVICES IN EASTSOUND:

The grocery store in Eastsound (Orcas Island Market) is open every day, 7am-9pm. The gas station and convenience store at the junction of Crescent Beach Drive and Olga Road (Country Corner Grocery and Deli) is open Monday-Friday 6am-12am, and Saturday & Sunday 7am-12am.

Cut-off times by leg. If an incoming runner is not done by this time, then start their next runner early:

Saturday

Leg 1: 9:05 am
Leg 2: 10:10 am
Leg 3: 11:25 am
Leg 4: 1:05 pm
Leg 5: 3:10 pm
Leg 6: 4:30 pm
Leg 7: 6:35 pm

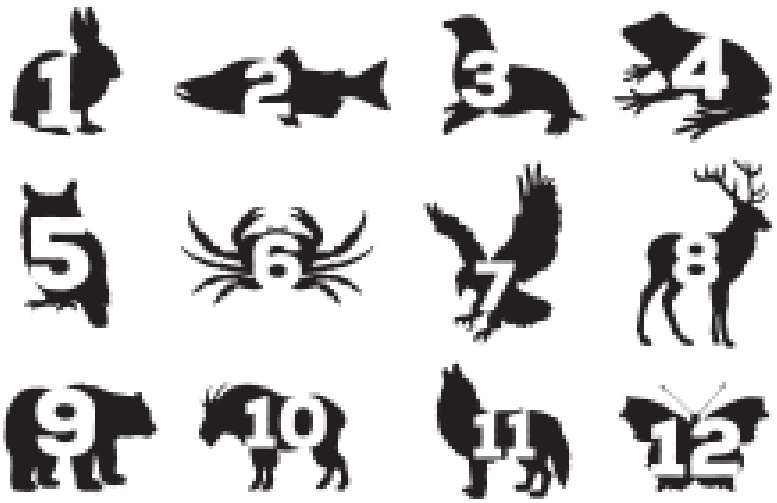
Sunday

Leg 9: 9:25 am (9:50 if there is a late wave)
Leg 10: 11:00 am
Leg 11: 1:35 pm

Contact list of important phone numbers (please note that service is spotty at the ELC):

Race Director: Kayla Robertson 425-439-5948
Volunteer Coordinator: Michael Havrda 425-269-8442
Head Event Assistant: Kay Shibuya 425-351-7316
Owner & Operator: Eric Bone 206-291-8250
For emergency, call 911

Animals and their corresponding legs on course:



EXCHANGE POINT DRIVING DIRECTIONS

ELC Lodge (Check-in, Start, Finish):

From the park entrance:

1. Go southeast along Olga Road, passing Cascade Lake on your right
2. Keep left to stay on Olga Road at a junction with a fork to the right
3. About 0.2 miles after that junction, turn right just before the "Camp Moran" sign
4. Park in the ELC Lodge lot only to pick up or drop off people. For longer term parking, park as directed in one of the nearby areas within 400m of the Lodge.

From Mountain Lake, Little Summit, or Mt. Constitution (main summit):

1. From Little Summit or Mt. Constitution, go south and down Mt. Constitution Road to the junction with the access road to Mountain Lake
2. Continue west and downhill on Olga Road
3. After nearly 1.1 miles, make a soft right/straight at the stop sign onto Olga Road
4. After a little over 0.1 miles, turn left just after the small gravel/dirt parking lot along the road

Mountain Lake (Exchanges 1-2, 2-3, 5-6, 7-8, 11-12):

From the ELC (start/finish):

1. Turn right onto Olga Road
2. At the fork after a little over 0.1 miles, make a soft left turn onto Mt. Constitution Road
3. At the fork after a little under 1.1 miles, make a soft right turn onto the Mtn. Lake access road
4. After 0.2 miles, park as directed
5. The exchange point is located where the road turns from pavement to gravel

From Little Summit (Exchange 4-5):

1. Turn left to go down the hill on Mt. Constitution Road
2. After driving 2 miles down Mt. Constitution Road, make a sharp left onto the Mtn. Lake access road
3. After 0.2 miles, park as directed
4. The exchange point is located where the road turns from pavement to gravel

Cascade Lake (Exchanges 3-4, 9-10):

From the ELC (start/finish):

1. Turn left onto Olga Road and go a little over 0.8 miles

2. Just after the beach area at Cascade Lake, park as directed or in an available space, preferably on the right side of the road
3. The exchange point is at a picnic shelter on the north (uphill) side of the road

Little Summit (Exchange 4-5):

From Mountain Lake (Exchanges 1-2, 2-3, 5-6, 11-12):

1. Go south 0.2 miles along the access road
2. At the road junction, turn sharply right (uphill) onto Mt. Constitution Road
3. After 2 miles and several switchbacks, the road will level out, and you will see the Little Summit Trailhead on your right
4. Park as directed, if possible, but parking may fill, so be prepared to drop off your runner and park elsewhere
5. The exchange point is a 0.1 mile walk up the trail (keeping right at the junction)

From Park Entrance Arch (Exchange 3-4):

1. Turn right (east) onto Olga Road, and pass Cascade Lake on your right
2. After about 1.4 miles (and just after passing the ELC), make a soft left turn onto Mt. Constitution Rd.
3. At the fork after a little under 1.1 miles, make a soft left turn (uphill) to continue on Mt. Constitution Road
4. After 2 miles and several switchbacks, the road will level out, and you will see the Little Summit Trailhead on your right
5. Park as directed, if possible, but parking may fill, so be prepared to drop off your runner and park elsewhere
6. The exchange point is a 0.1 mile walk up the trail (keeping right at the junction)

Mt. Constitution (Exchanges 6-7, 10-11):

From Mountain Lake (Exchanges 1-2, 2-3, 5-6, 11-12):

1. Go south 0.2 miles along the access road
2. At the road junction, turn sharply right (uphill) onto Mt. Constitution Road
3. After 2 miles and several switchbacks, the road will level out, and you will see the Little Summit Trailhead on your right
4. Continue along the road for an additional 1.7 miles, and park as directed
5. The exchange point is a 0.1 mile walk up the trail to the summit of the mountain, near the observation tower

From Little Summit (Exchange 4-5):

1. Go north along the road for 1.7 miles, and park as directed

2. The exchange point is a 0.1 mile walk up the trail to the summit of the mountain, near the observation tower.

Menu

Always offered at headquarters (Friday afternoon - Sunday afternoon)

Hot drinks – Coffee, Tea, Hot cocoa, Apple cider
Milk, Almond milk, Oat milk, Orange juice
Water, Electrolyte (Skratch)
Assortment of snacks
Cup ramen noodles

Saturday & Sunday Breakfast (served 6:00am-8:00am)

Bagels (regular & GF), Dave's Killer bread (vegan), GF bread
Ham, cheese, sausages
Assortment of cereals, spreads
Yogurt, Hard-boiled eggs, Fruits
Oatmeal (GF/DF) with assortment of toppings
Waffles (waffle maker available, regular & GF)

Friday light meal (served 6:00pm-9:00pm)

Hot dogs – beef (GF) and vegan options, regular buns and GF bread
Assortment of vegetables (vegan/GF/DF), Hummus (GF/vegan), tortillas

Saturday Dinner (served 5:30pm-7:30pm)

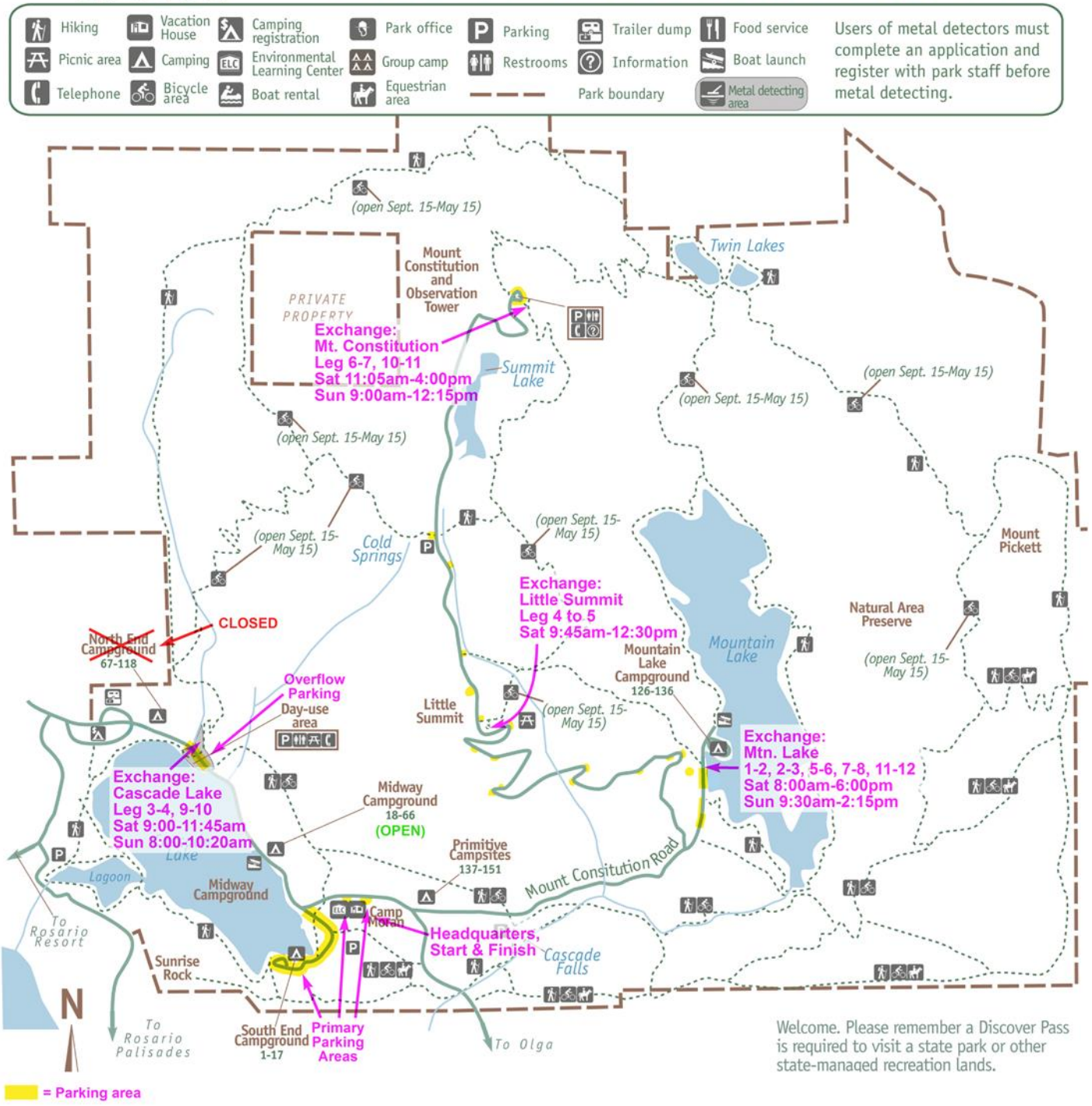
Pasta with marinara (vegan) and meat & veg balls (GF pasta available)
Salad (vegan/GF/DF)
Garlic bread (vegan/DF) (GF bread available)

Sunday Post Race (served 12:00pm-4:00pm)

Chili (GF/vegan), tortilla chips (GF/vegan), rolls
Assortment of vegetables (vegan/GF/DF)

Menu items are subject to change. We are not a gluten-free / vegan kitchen.

To help reduce waste, we encourage you to bring your own coffee mug, as well as a reusable water cup.

THE MORAN Constitutional RELAY

MAP OF PARKING AND EXCHANGE AREAS